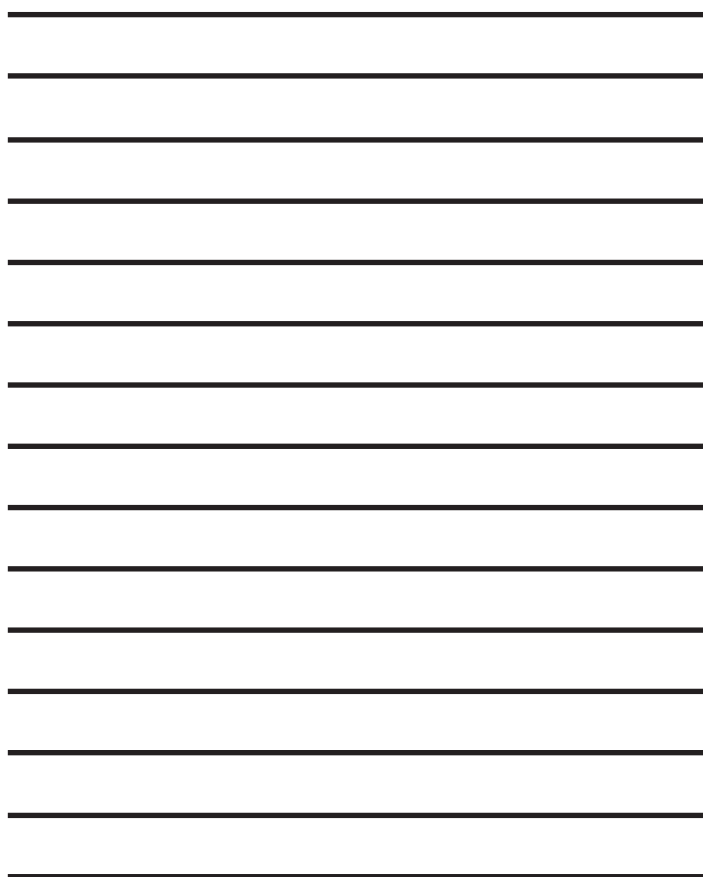
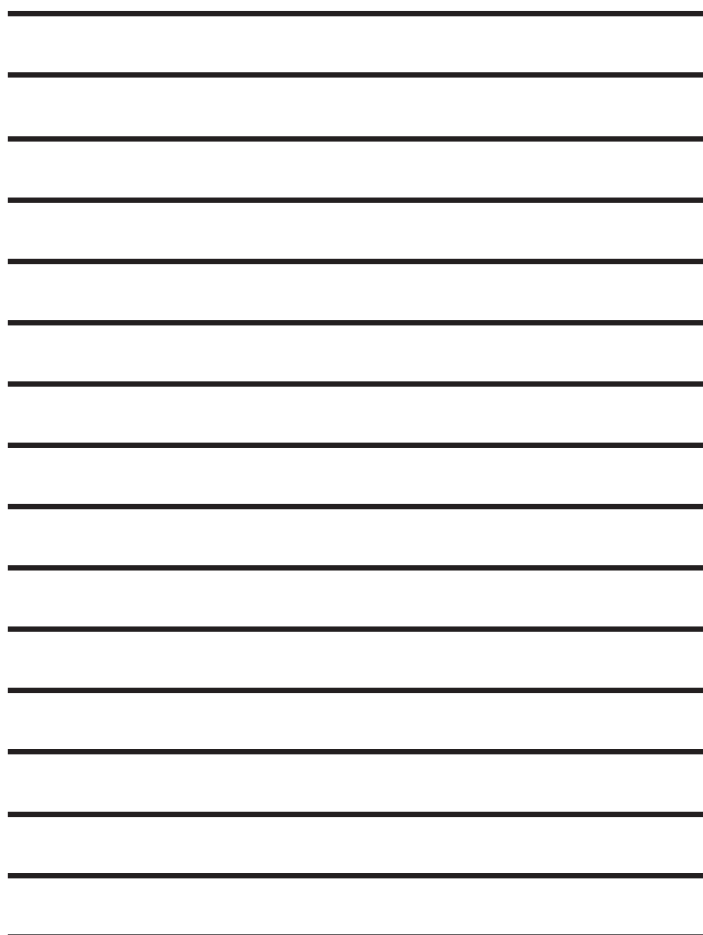


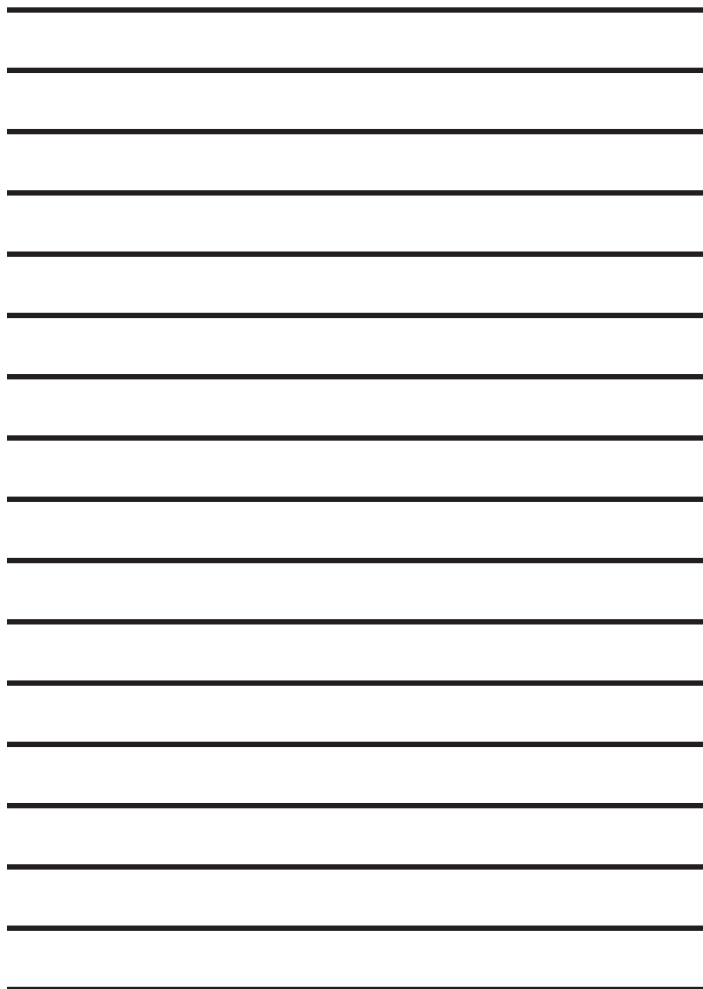
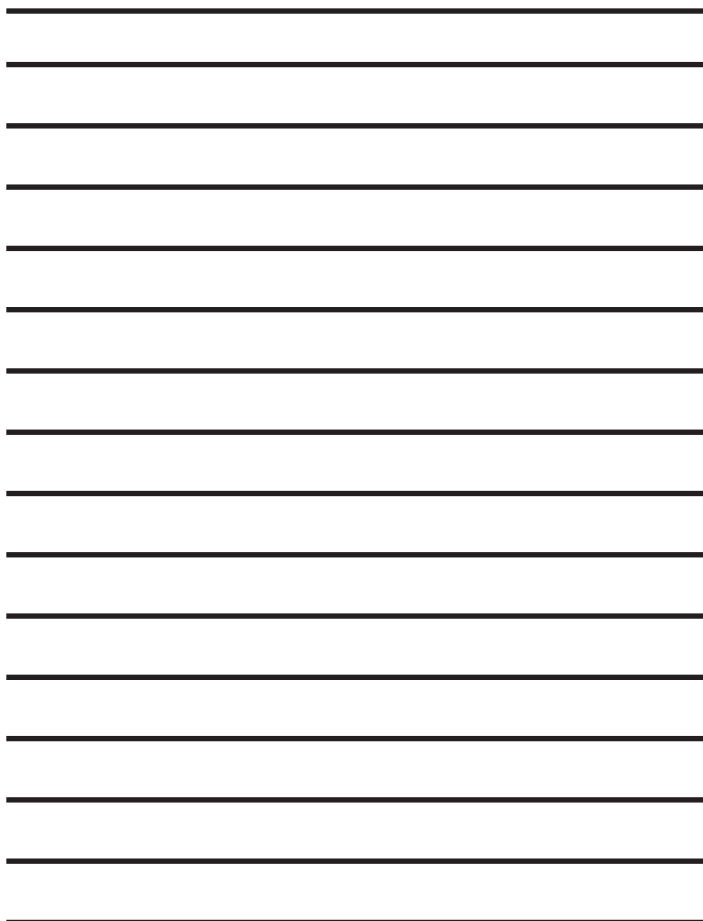


POSTURAS DE YOGA





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[illegible]

[illegible][illegible]

[illegible][illegible]



Variação de Anjaneyasana



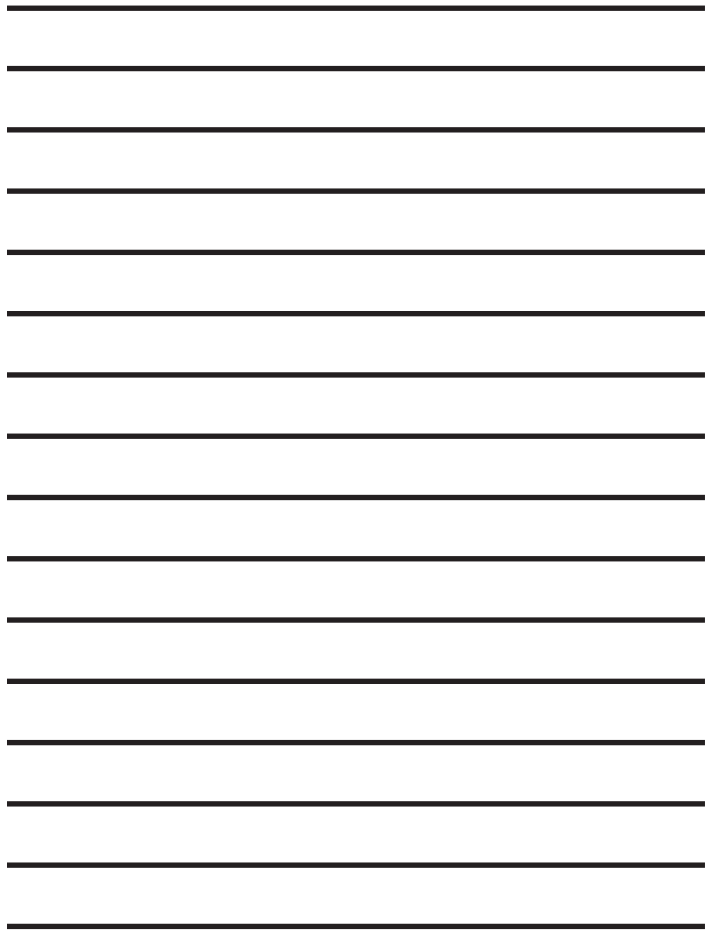
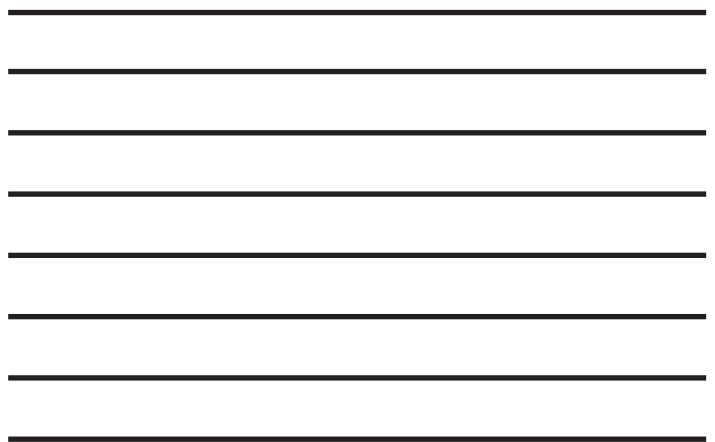
Utthita Parshvakonasana



Galavasana



Bhujangasana

[illegible]

Aberturas Laterais

Aberturas Laterais



Ashta Vakrasana

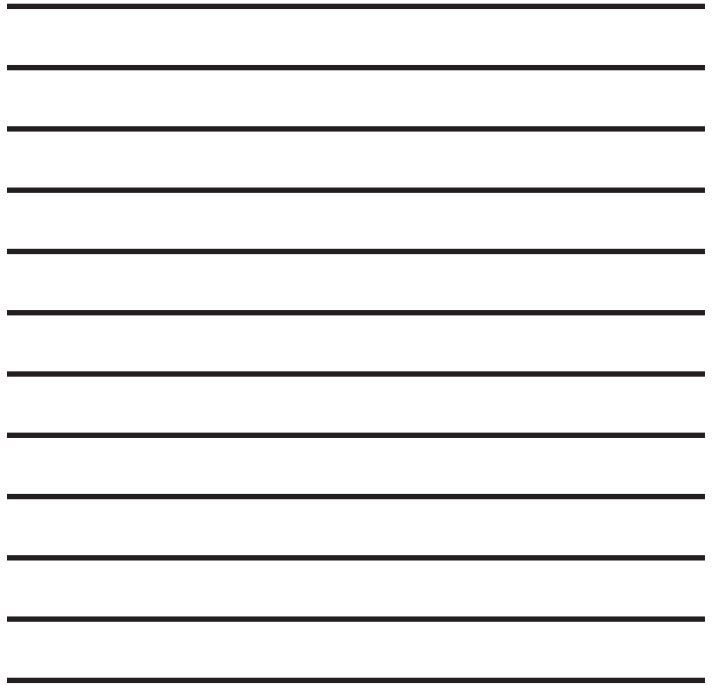
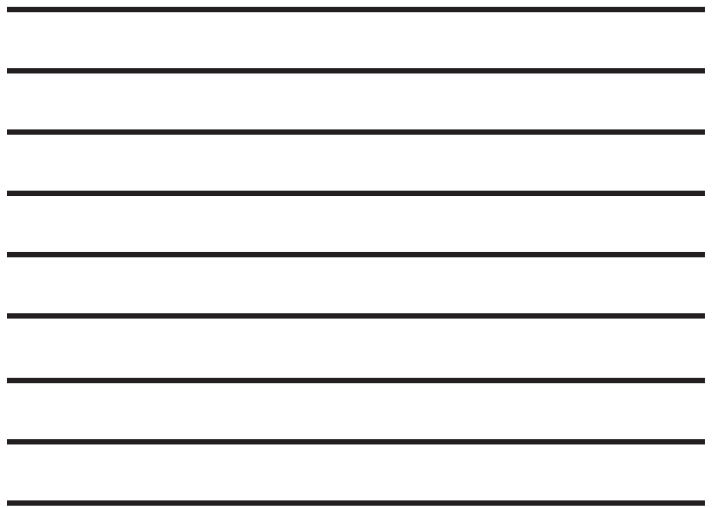
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Ardha Uttanasana

[illegible]

Pavanamuktasana

[illegible]

[illegible]

Urdva Mukka Svanasana



Parivrtta Parshvakonasana



Ardha Halasana



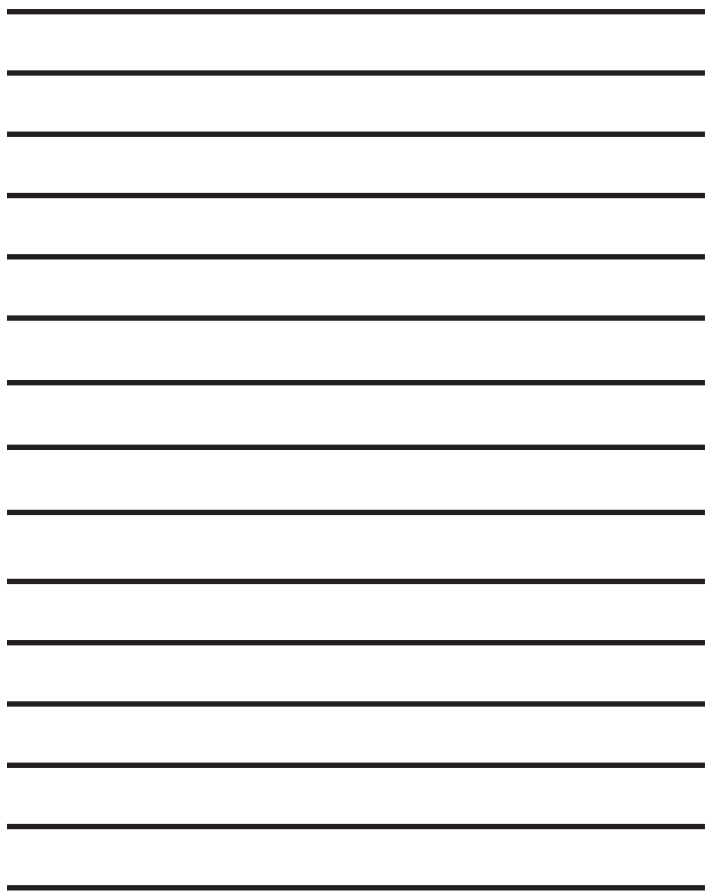
Matsyasana

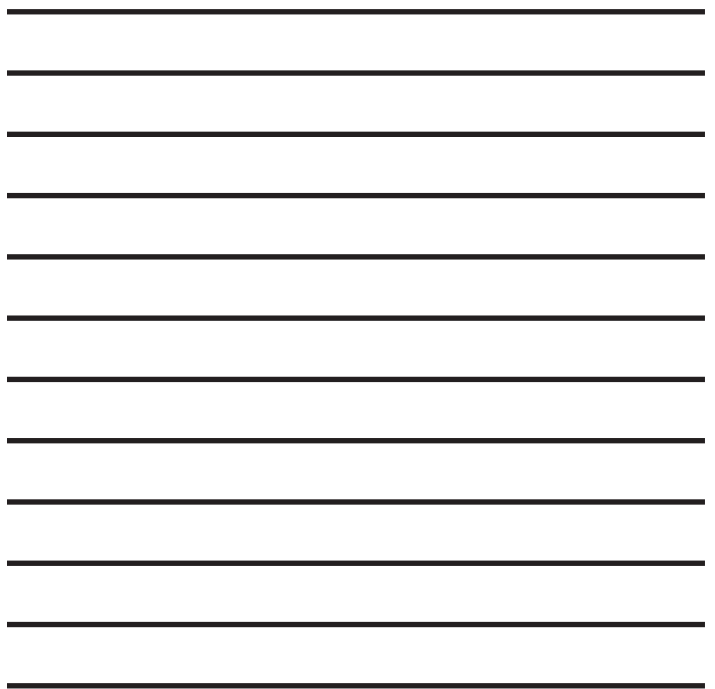


Shalabasana

[illegible][illegible]







Parivrtta Utkatasana



Supta Dhanurasana



Chaturanga Dandasana



Adho Mukha Svanasana



Ardha Chandrasana

[illegible]



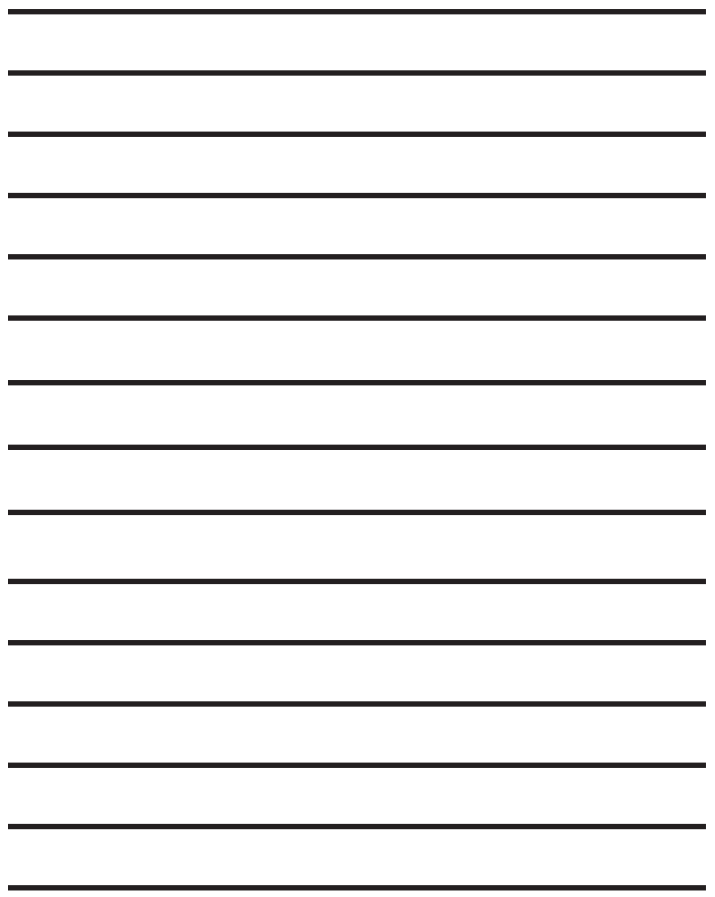
Virabhadrasana II

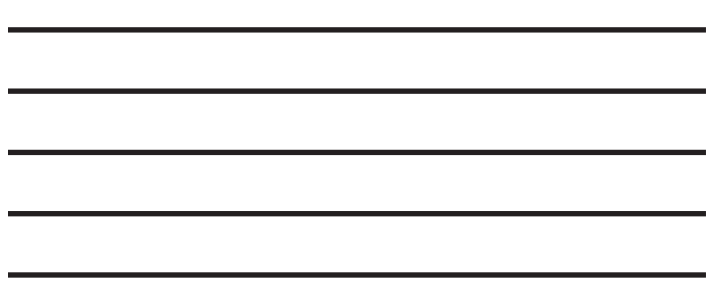
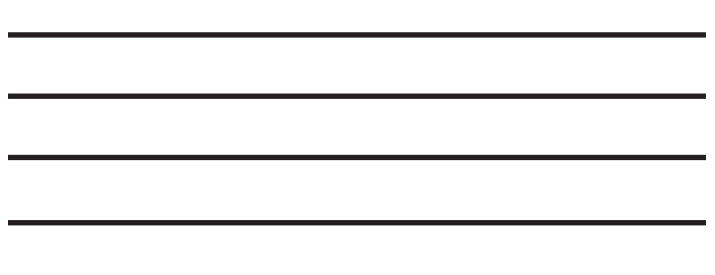


Variação Adho Mukha Svanasana



Kakasana





[illegible]